



High Fiber Bread

Jacob · 28/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 30 mins

Description

This dense chewy highfiber bread has a good mix of grains and oats and is great when toasted in the morning for breakfast

Ingredients

— - 1 ½ cups warm water - 4 teaspoons molasses - 1 tablespoon active dry yeast - 2 ½ cups whole wheat flour - ¾ cup ground flax seed - ½ cup bread flour - ½ cup oat bran - ½ cup rolled oats - ½ cup amaranth seeds - 1 teaspoon salt

Instructions

1. Place water
2. molasses
3. yeast
4. wheat flour
5. ground flax seed
6. bread flour
7. oat bran
8. rolled oats
9. amaranth seeds
10. and salt in the pan of a bread machine in the order recommended by the manufacturer. Select dough cycle; press start and allow machine to run complete dough cycle. Turn dough onto a lightly floured surface. Form dough into 2 loaves and place on a baking stone. Cover loaves with a damp cloth and let rise until doubled in volume
11. about 1 hour. Preheat the oven to 375 degrees F (190 degrees C). Bake in the preheated oven until top is golden brown
12. 20 to 25 minutes. Slide loaf onto a work surface and gently tap bottom of loaf. If it sounds hollow
13. the bread is done.